



You served, you deserve the best care anywhere.

Don't let osteoporosis slow you down.

Actions you can take to lower your risk of osteoporosis:

- ★ Eat more calcium-rich foods: low-fat dairy products, sardines.
- ★ Add bone-strengthening soy foods to your diet (firm tofu, soy milk).
- ★ Do weight-bearing exercises regularly: walking, hiking, dancing, tennis.
- ★ Quit smoking.
- ★ Reduce the amount of alcohol you drink.
- ★ Ask your provider about daily supplements of calcium and vitamin D.
- ★ Discuss all medications with your provider. Some medications promote bone loss.

Source: NIH Osteoporosis and Related Bone Diseases, National Resource Center
www.publichealth.va.gov/womenhealth

04/2009



You served, you deserve the best care anywhere.

Don't let osteoporosis slow you down.

Actions you can take to lower your risk of osteoporosis:

- ★ Eat more calcium-rich foods: low-fat dairy products, sardines.
- ★ Add bone-strengthening soy foods to your diet (firm tofu, soy milk).
- ★ Do weight-bearing exercises regularly: walking, hiking, dancing, tennis.
- ★ Quit smoking.
- ★ Reduce the amount of alcohol you drink.
- ★ Ask your provider about daily supplements of calcium and vitamin D.
- ★ Discuss all medications with your provider. Some medications promote bone loss.

Source: NIH Osteoporosis and Related Bone Diseases, National Resource Center
www.publichealth.va.gov/womenhealth

04/2009



You served, you deserve the best care anywhere.

Don't let osteoporosis slow you down.

Actions you can take to lower your risk of osteoporosis:

- ★ Eat more calcium-rich foods: low-fat dairy products, sardines.
- ★ Add bone-strengthening soy foods to your diet (firm tofu, soy milk).
- ★ Do weight-bearing exercises regularly: walking, hiking, dancing, tennis.
- ★ Quit smoking.
- ★ Reduce the amount of alcohol you drink.
- ★ Ask your provider about daily supplements of calcium and vitamin D.
- ★ Discuss all medications with your provider. Some medications promote bone loss.

Source: NIH Osteoporosis and Related Bone Diseases, National Resource Center
www.publichealth.va.gov/womenhealth

04/2009



You served, you deserve the best care anywhere.

Don't let osteoporosis slow you down.

Actions you can take to lower your risk of osteoporosis:

- ★ Eat more calcium-rich foods: low-fat dairy products, sardines.
- ★ Add bone-strengthening soy foods to your diet (firm tofu, soy milk).
- ★ Do weight-bearing exercises regularly: walking, hiking, dancing, tennis.
- ★ Quit smoking.
- ★ Reduce the amount of alcohol you drink.
- ★ Ask your provider about daily supplements of calcium and vitamin D.
- ★ Discuss all medications with your provider. Some medications promote bone loss.

Source: NIH Osteoporosis and Related Bone Diseases, National Resource Center
www.publichealth.va.gov/womenhealth

04/2009